

Patient Tips for Healthy Living



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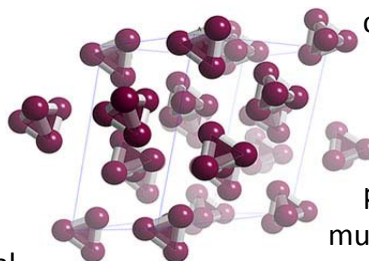
5th Edition

What You Need to Know About Phosphorus!

You are often told to watch your diet and control the amount of foods you eat that have phosphorus. This can be hard to do because almost all foods have it. So, what is phosphorus? It is a common mineral found in your bones. It helps with building strong bones and teeth, helps your body use

energy, and keeps a normal pH balance.

Healthy kidneys remove the extra phosphorus from the body through urine. If you do not have normal kidney function, the extra phosphorus can build up in your



blood. This build up can cause itching, calcium deposits under the skin, and red eyes. It can also lead to bone and heart problems. If there is too much phosphorus in the blood, calcium is pulled out of the bones and this can cause renal bone disease.

Image compliments of 3dchem.com

Remember to Take Your Binders



Your dietitian and other staff members have talked with you about taking your binders the way they are prescribed. Taking your binders helps keep you healthy. You know you need to take it but it is not always so easy. Sometimes it is helpful to have things to remind you to add it to your daily routine.

- Try using a pill box that will allow you to divide your pills by days of the weeks and times of the day.
- Leave yourself a note in a room you go to before you leave home every day that reminds you to take your binders with you.
- Set the timer on your cell phone to go off when it is time to take your binders.
- Keep a little container of binders in your purse, car, work, or you can buy a small key chain pill container, that way you will always have your binders with you!

Image compliments of darwin.us

Common Phosphate Binders

Your binders should be taken with every meal and snack. It will only work if you take them as prescribed by your kidney doctor. There are many binders, and your kidney doctor will decide which is best for you. The most common binders are PhosLo, Renvela (it replaced Renagel), and Fosrenol. In some cases you may be told to take Tums which can also work. Talk with your renal dietitian to learn more about taking your binders.

Foods High in Phosphorus

- Liver
- Cola drinks
- Nuts
- Milk
- Cheese
- Dried fruit
- Whole wheat bread
- Yogurt
- Sesame and sunflower seeds
- Foods made with self-rising flour, self-rising meal, or cornbread mix
- Fruit Punch
- bran products
- dried beans and peas
- bottled or canned tea
- canned biscuits
- fast food biscuits



Dialysis Friendly Recipes

Fruit Kebabs

The Renal Family Cookbook

1 cup pineapple chunks
1 cup strawberries
1 cup watermelon cubes

1 cup apple wedges
12 grapes



solidrecipe.com

Place pineapple chunks, strawberries, melon cubes, apple wedges and grapes on sticks or straws.

Recipe Note: Yield: 12 servings; Serving size: 1/3 cup ; Calories 48; Protein 5 mg; Sodium trace; Potassium 117 mg; phosphorus 9 mg; Exchanges: 1 Fruit

Zesty Tropical Grilled Chicken

Kathy Reynolds

1/4 cup pineapple juice
2 tablespoons olive oil (or any cooking oil)
1 tablespoons McCormick® Grill Mates® 25% Less Sodium Montreal Chicken Seasoning or Mrs. Dash Chicken Grilling Blend
4 boneless, skinless chicken breasts (or if you prefer use thighs) - about 1 pound



mccormick.com

Combine pineapple juice, olive oil, and chicken seasoning in a large zip lock plastic bag or a large bowl. Add chicken. Marinate in refrigerator 30 minutes, or longer for extra flavor. Remove chicken from marinade; throw out marinade.

Preheat grill or light the coals. Grill chicken 6-7 minutes per side, or until chicken is done (when stuck with a fork or knife, the juices run clear and meat is not pink).

Calories: 245; Protein 26g; Sodium 208 mg; Potassium: 272mg; Phosphorus: 194mg.

Apple Pie

4 large apples, peeled and sliced
½ cup sugar
1 tablespoon plain flour

9" unbaked pie crust
1 teaspoon cinnamon

TOPPING

¾ cup plain flour
½ cup sugar

½ cup margarine



img4.myrecipes.com

Mix apples, ½ cup sugar, 1 tablespoon flour and 1 teaspoon cinnamon together. Pour into pie shell. Mix three topping ingredients well and cover apples with topping. Bake in 400°F oven for 40 minutes.

Recipe Note: Yield: 8 servings; Serving size: 1/8 of pie; Calories 351; Protein 3 gm; sodium 272 mg; Potassium 103 mg; Phosphorus 37 mg; Exchanges: 1 Bread + 1 Fruit.

Network 8 would like to thank the following dietitians for their contribution and review of this publication:

Carol Embrey, Cathy Folk, Kathy Reynolds, and Rita Solomon-Dimmitt.

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